

Introducing your Mental Health Support Team

For parents, carers and school staff



Your school has signed up to work with a Mental Health Support Team (MHST).

This service supports children and young people, aged five to 18 and their families, with mental health difficulties, including anxiety and low mood.





Who are we?

We work closely with children, their parents or carers, and with school staff to agree the best way forward for the child's needs. The team also provides support and can signpost you to other services if you are experiencing any other health or wellbeing difficulties.

We are a multi-disciplinary team. All staff are fully qualified and have developed skills in one of a range of low intensity therapies. All qualified mental health professionals also hold current registration, which means they have up-to-date professional knowledge and skills and are competent practitioners.

Who can we see?

We can see children and young people aged from five to 18. Children aged between five and 11 will be seen with their parents. Typically, issues within this group are connected to childhood anxiety or challenging behaviours.

We work on a group or one-to-one basis with young people aged 12 to 18 for presenting needs surrounding anxiety or low mood.

Support we offer

We offer a range of evidence-based, low-intensity interventions and support. Depending on our assessment, this might include interactive self-help (psycho-education), group work or one-to-one interventions.

Consent and safeguarding procedures will be followed, and parents and carers will be involved as appropriate.

Information for parents and carers

How to access the service:

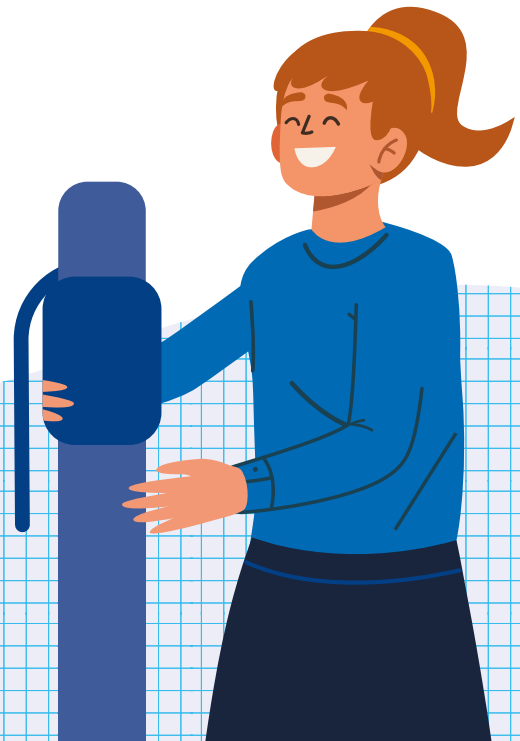
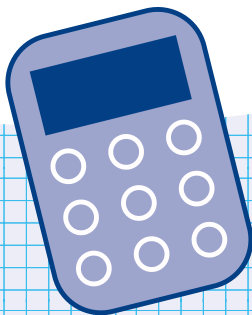
If you have concerns about your child's mental health, please speak to a member of school staff. They will consult with you and your child to discuss the options available.

A member of staff or the school's mental health lead will complete and submit a referral to us. Referrals are screened and then we complete an assessment with you and your child.

Sessions will be during the school day with you or your child depending on your child's age. Some early evening groups may be available.

Parenting support programmes

- Helping your child with fears and worries to support younger children with anxiety
- Behaviour support (for example, the Incredible Years Programme) offers parents effective tools for managing their primary school child's behaviour. It aims to give new strategies as well as building on the ones that are already in use to make them more effective for the whole family.





Information for Schools

We will pledge the following:

- To provide your school with targeted whole school approach activities
- To provide direct links with trained clinical professionals
- To increase your confidence to support children and young people's mental health and wellbeing needs
- To give you access to resources and universal services all year round
- To provide your children and young people with evidence-based interventions.

We seek the following pledges from schools:

- To provide a dedicated private and safe space
- Help us integrate the EMHPs and MHST staff into our schools
- That you will have access to our tutors and schools' staff to have discussions when needed
- To allow children and young people to attend sessions during lesson times
- To engage in governance activities with MHST including attending the governance meetings if available.

What your school can expect?

We will offer support for the school's mental health lead to develop or strengthen the whole school approach to mental health and wellbeing.

Support and promote mental health culture in schools, including MHST attendance at lessons and assemblies.

There will also be further training and resources for staff in schools to support a positive mental health ethos in schools and clearer information about MHST and how to seek help.

Other methods of support that we will offer will be mental health and wellbeing for students with mild to moderate mental health needs such as low mood or anxiety, signposting to or referring to more specialist support and supporting staff by providing them with timely advice.

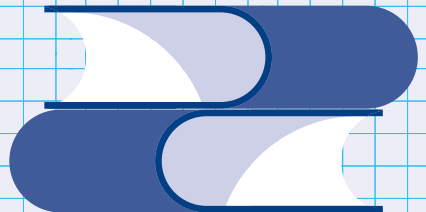
There will be stronger links between education setting and NHS services to ensure children and young people can access appropriate mental health services and support.



Methods to support young people

To help a young person with anxiety or low mood, we can use a range of evidence-based interventions, including:

- A programme to help a young person manage anxiety, including a range of interventions such as worry management to help reduce the impact of worry
- Graded exposure to help the young person to approach things that concern them in a safe and graded way
- Cognitive restructuring to help identify unhelpful thoughts
- Problem solving to help someone develop practical solutions to their worries
- Behavioural experiments to challenge unhelpful thinking patterns by testing them out through planned activity
- Sleep hygiene to encourage good sleeping habits
- Behavioural activation supports young people in managing low mood, helping to improve mood through planned enjoyable and valued activities.





Contact us

Please contact the MHST for any questions. For referral please contact your school's mental health lead.

Phone: **01908 725 691**

Email: **cnwl.mhst@nhs.net**

To find out more information about the service, visit:



**www.cnwl.
nhs.uk/mental-
health-support-
team-schools**

Address: **Central and North
West London NHS London
Foundation Trust, Milton
Keynes, Standing way,
Eaglestone, Milton Keynes,
MK6 5NG**

The service operates Monday to Friday, 8am to 4pm with some flexibility to meet service need.

Timely engagement and continuity of treatment are exceptionally important and the MHST provides care and support during educational holidays to ensure that children, young people and their families and carers receive the support they need.

The MHST is not an urgent need or emergency referral service.

In an emergency (if the young person has seriously injured themselves or taken an overdose), please seek medical attention via 999 or attend the local Accident and Emergency Department

For urgent or out of hours support please call out all age mental health urgent advice line on **0800 023 4650**. Opening hours for the urgent advice line are 24 hours a day, 7 days a week, 365 days a year.

The Mental Health Support Team (MHST) is a NHS service. A referral to the team will result in a mental health episode of care being opened in the child's shared NHS electronic records and may include an assessment of need and subsequent clinical documentation being saved there. Explicit parental consent will be sought by the school or referrer before a referral is made and the MHST will check this at the first appointment.

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish